

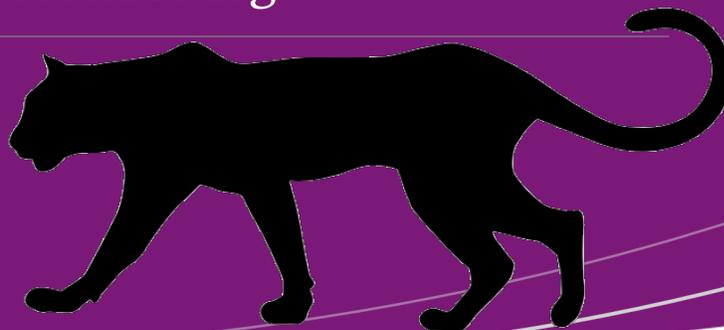
Fillmore Central Public Schools

www.fillmorecentral.org

High School: 402-759-3141

Middle School: 402-268-3411

Elementary School: 402-759-3184



District News

Annual Report

The Fillmore Central 2018-2019 Annual Report is now available on our website or by contacting the Superintendent’s office at 402-759-4955. To find the annual report on our website at www.fillmorecentral.org, click on the word “District” on the top of our Fillmore Central Homepage and then on the words “Board of Education Information”; a link is available with our annual reports.

Holiday Time

We always look forward to the holiday time with our friends and our family. We need to also keep in mind that the holidays can be a difficult and stressful time to some students and their families. Financial hardships can create an emotional difficulty in what should be a happy time for our students. We do request that parents/students not give gifts to our faculty and staff. Not all students can afford to do this, and this creates a difficult situation for us. We also have a Board Policy that discourages our staff from accepting any gifts.

A donation to the local food bank or to another charity in lieu of presenting a gift to a staff/faculty member would be encouraged and much appreciated.

Continued on page 2

Events

- Dec. 5th Teacher Workday
1:05/1:20/1:35
Dismissal
- Dec. 9th School Board Meeting
7:30 PM High School
Library
- Dec. 10th Middle School Winter
Concert
- Dec. 16th High School Winter
Concert
- Dec. 19th Elementary School
Winter Concert
1:05/1:20/1:35
Dismissal
- Dec. 23rd – Jan. 6th No School – Winter
Break

The mission of Fillmore Central Public Schools is to provide all students the opportunity and support to achieve excellence, develop responsibility, and become life-long learners.



Semester Break

Students are dismissed from school at 1:05/1:20/1:35 on Friday, December 20, 2019 for the Holiday break. School is back in session for students on Tuesday, January 7th, 2020.

The Nebraska School Activities Association has its moratorium from December 22nd through December 26th. On these dates, no Activity group or Athletic team should meet for any reason, either to practice, watch film, have planning sessions, etc. These 5 days are set aside each year so that families can make plans without having to schedule around any school activity. At Fillmore Central, we close all of our school facilities to groups over those five days so that we can assure that the purpose of the moratorium is honored within our school district. **We will allow no youth practices or GAED activities in our facilities during these five days.**

Elementary School News

UPCOMING ELEMENTARY EVENTS AND CALENDAR INFORMATION

- Tuesday, Dec. 3rd, 2nd Grade to Wessel's Living History Farm
- **Wednesday, December 4th, 1:05pm Dismissal**
- Wednesday, December 5th, 2nd Grade to Wessel's Living History Farm
- December 9th – 18th, Winter Benchmark Assessments
- Thursday, December 19th, 7:00pm Elementary Winter Program
- Friday, December 20th, 8:30 Assembly
- **Friday, December 20th, 1:05pm Dismissal**
- Friday, December 20th, End of the 2nd quarter
- Monday, December 23rd through Monday, January 6th, No School
- Tuesday, January 7th, Classes Resume

CROSSWALK SAFETY

Many elementary students walk or ride their bikes home from school year round. Drivers are expected to stop for anyone using the crosswalks. Your attentiveness and patience are appreciated as students learn to navigate safely within our community.

MEDICATION

Please do not send medications to school with your child. Medications must be delivered to the office by a parent/guardian. Thank you for your help to ensure our students' safety.



Be the "I" in Kind

FC Elementary is celebrating kindness. The school has a large banner in their hallway with the letters K I N D. Students are encouraged to show kindness to each other. Their act of kindness may be noticed and they then get to stand as the I in KIND and have their picture taken. An example is helping to show a new student around the school.

Elementary School News (con't)

COLD WEATHER

Please send appropriate seasonal clothing (hats, gloves, boots) so your child can fully participate in outdoor recess as the temperature drops this season. It is helpful to have items marked with your child's name or initials so they can be returned if lost. If you need assistance acquiring seasonal clothing for your child, please contact the elementary office (402-759-3184).



Two elementary students won grants from Kirby's School of Dance to use in their classroom. Go to Fillmore Central Elementary School page on Facebook to find out how the funds were used.

RECESS IN THE SNOW

Students are allowed to play in the snow at recess if they have an extra set of shoes/boots at school designated specifically for playing ON the snow. Snow pants are needed if your child wants to play IN the snow so their clothes remain dry and comfortable back in the classroom. The blacktop and sidewalk areas are always cleaned off so students have a dry place to play if they don't have an extra set of shoes.

UPDATED CONTACT INFORMATION

The elementary school may need to contact you for varying reasons (illness, emergencies, etc) and updated contact information is very important. Please update your information as soon as possible so communication between home and school is not interrupted.

7 Brain Foods for Kids

By: Anne Krueger for WebMD.com

As fast as children whiz from classroom to activity to home and back again, their brains are just as rapidly growing and changing. The foods they eat are important. "These years are critical for brain development, and what they eat affects focus and cognitive skills," says psychiatrist Drew Ramsey, MD.

These 7 foods can help kids stay sharp and affect how their brains develop well into the future.

1. Eggs-The protein and nutrients in eggs help kids concentrate, says Los Angeles-based chef Beth Saltz, RD.
2. Greek Yogurt-Fat is important to brain health, says Laura Lagano, RD. A full-fat Greek yogurt (which has more protein than other yogurts) can help keep brain cells in good form for sending and receiving information.
3. Greens-Full of vitamins, spinach and kale are linked to lower odds of getting dementia later in life. Kale is a super food, packed with antioxidants and other things that help new brain cells grow.
4. Fish-Fish is a good source of vitamin D and omega-3s, which protect the brain from declining mental skills and memory loss. Salmon, tuna, and sardines are all rich in omega-3s.
5. Nuts and Seeds-Packed with protein, essential fatty acids, vitamins, and minerals, nuts and seeds may boost mood and keep your nervous system in check.
6. Oatmeal-Protein and fiber rich oatmeal helps keep heart and brain arteries clear. In one study, kids who ate sweetened oatmeal did better on memory-related school tasks than those who ate a sugary cereal.
7. Apples and Plums-Kids often crave sweets, especially when they're feeling sluggish. Apples and plums are lunchbox-friendly and contain antioxidants that may fight decline in mental skills.

Middle School News

Early Dismissal – December 5

There will be a 2-hour early dismissal on Wednesday, December 4, for staff development. These early dismissals have been beneficial to our staff, allowing them to regularly engage in professional development designed to improve student performance and strengthen their teaching skills.

Update on the End of the 1st Semester

The 1st semester is quickly coming to an end. The middle school will be dismissing at 1:10 p.m. on the final day of the semester, December 20. As a reminder, Monday, December 16, is the date when a student's grade that is recorded as "missing" will convert to a "zero" in the grade book. This step is part of the Grading For Learning policy. Stress with your student the importance of meeting all deadlines, especially those at the end of a term. Helping your student develop a plan that will allow all "missing" work to be completed will assist them in being successful in the classroom.

Upcoming Holiday Break

Fillmore Central Middle School students will be dismissed at 1:20 PM on Friday, December 20, for the Christmas break. Though regular bus and dismissal procedures will be followed, class schedules will be adjusted for the 2-hour early dismissal. School will resume with a full day of classes on Tuesday, January 7, 2020. All Fillmore Central facilities will be closed from December 22 – December 26 due to the NSAA Moratorium.

Geography Bowl

Each November, FCMS has its annual Geography Bowl. This competition is how we select our school winner each year for the National Geographic Geography Bee. Twenty students took the entrance test this year, and the top 8 scorers from that exam entered a single elimination competition on Monday, November 19. Those qualifying for the competition were as follows: 6th graders Katie Jensen and Jacoby Miller; 7th graders – Addison Ekeler, Cooper Schelkopf, Ashtin Clark; 8th grader Ty Schelkopf, Markey Hinrichs, and Ryan Schram. Mr. Lauby hosted the final competition on Tuesday, November 26, in the middle school gym. The top 100 students statewide are selected for the state competition that is held in Omaha each spring.

Winter Concert

Come one, come all! Please join us on Tuesday, December 10, in the middle school gymnasium for our annual Winter Music Concert. The concert will display the vocal and instrumental music talents of our middle school students. I am sure that you will not be disappointed.

Lost and Found

There have been a number of clothing items; t-shirts, sweatshirts, jackets, jeans, sweatpants turned into the lost and found area in the office. Please have your child check to see if any of the items are theirs. Items left will be delivered to Blue Valley in the near future.



Life Skills Sportsmanship Rally

On Wednesday, November 6th, the seventh grade students attended the Life Skills Sportsmanship rally organized by the Nebraska High School Hall of Fame Foundation and the University of Nebraska Athletic Department at the Pinnacle Bank Arena in Lincoln. The seventh graders were part of over 2,000 students heard inspirational life skills and academic messages from Husker student-athletes and staff, along with attending the UNL women's basketball game versus Alabama State.

Middle School News (con't)

Cold Weather Is Here

Students at FCMS have supervised recess during their lunch periods. We prefer to have them take recess outside as long as the weather allows it. Please make sure that your student has several clothing options (i.e. sweatshirt, jacket, coat) that will allow them to be comfortable while they are outside during the day. I encourage you to help your student practice getting into the habit of knowing what clothing is appropriate for each day. I also encourage you to monitor your student's preparedness for facing the weather daily. By dressing appropriately for each day's weather, your student will be more comfortable before school, during recess, and after school. A student who is properly dressed is also significantly less likely to miss school due to illness.

Adequate Sleep = Reduced Illness

We are now facing the time of year when students across the state and nation begin to lose valuable days at school due to exposure to the flu and to other illnesses. Adequate amounts of sleep can help your student avoid illness and allow them to be alert throughout the school day. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity, and cognitive problems that negatively impact their ability to learn in school. It is recommended by most health experts that children ages 5 – 12 need 10-11 hours of sleep. Students who miss school, especially those who miss for prolonged periods of time, are more likely to have greater difficulty in school. They also risk having significant gaps in their learning and achievement. Below are some suggestions that may help your student, your family members, and others to stay healthy and avoid prolonged absence from school, work, etc.

Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize the need for a regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- **Keep TV, computers, and cell phones out of the bedroom.**
- Avoid caffeine.
-

Tips for Avoiding Illness and Staying Healthy

- Wash your hands often. Remember that one of the most common ways people catch colds and the flu is by rubbing their nose or their eyes after their hands have been contaminated with a virus.
- Routinely clean with soap and water and disinfect surfaces, toys, and objects that younger children may put in their mouths. It may also help to wipe surfaces with paper towels that can be thrown away or cloth towels that can be washed afterwards.
- Use disposable tissues to wipe or blow your child's nose.
- Teach your children "cough etiquette," which the American Academy of Pediatrics describes as teaching "your children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if a tissue is unavailable."
- Avoid close contact with people when you are sick. This includes school, daycare, work, etc. Though it isn't possible to completely avoid people who are sick, choosing not to expose others to your germs when you or your children are sick can help to prevent illness from spreading.
- Avoid exposing your younger children to large groups of people. It isn't always easy to tell when people are sick, and some people are contagious even before they start to have symptoms. Avoiding exposure to large crowds can help to keep your children healthy.

High School News

Finals Schedule

Semester finals for students will take place on December 18th and 19th. Testing for ODD periods will be on the 18th and EVEN periods on the 19th. December 17th is a designated review day. December 20th will be the “FC Give Back Day” which has become somewhat of a tradition on the last day of the semester. This is a time when our students go out into the community and volunteer for part of the day.

Attendance

As we are nearing the end of the first semester, one area that comes to mind is attendance. For the most part, our students have done a great job of being in school everyday, but there is always room for improvement. Being in attendance is one of the best ways for a student to be successful. In addition to providing our students with content knowledge and skill development, part of our task is to teach responsibility and accountability. Being in school, and being on time is very similar to holding a job, and my hope is that we will have instilled this accountability trait in our students upon graduation. With that being said, I would just like to remind everyone of two essential parts of the handbook relating to attendance. The first is the expectation of being on time, which means students need to be at school and in their first period class by 8:10 a.m. If a student is 1-15 minutes late to first period, they are considered tardy. After 15 minutes, they are considered absent for that period. The second piece deals with credits. Students who accumulate more than 10 unverified absences in a semester, or the period equivalent, will forfeit those credits.

Winter Activities

The winter activity season is right around the corner. While every attempt was made to have accurate schedules on the pocket calendar and athletic poster, keep in mind these items were printed in late August. With that being said, changes do occur. The best way to keep track of school events is to check the school website, www.fillmorecentral.org. Once you access our website, select “athletics” under the high school tab, then click on the “R School” link on the left hand side of the page. This takes you to the calendar for all Fillmore Central activities. You can also install the Fillmore Central app on your phone. Simply search “fillmore central” in your app store for the purple FC logo and install. Once you have the app, click on the “events” tab and this will take you to the same calendar. Please feel free to contact the school with any questions.



Our November ICU blitz day was sponsored by Fillmore County Hospital/Touchstone Orthopaedic Care. They donated 10 gift cards to area businesses. To be eligible for the drawing, students had to not be on the ICU list and passing all their classes. Thank you FCH/TOC!

DECEMBER LUNCH				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Walking Taco Lettuce Salsa Sour Cream	Goulash Garlic Bread Mixed Vegetables Peaches	<u>Elementary</u> Peanut Butter & Jelly Sandwich <u>MS and HS</u> Philly Steak Sandwich Potatoes Carrots Mixed Fruit	Meatloaf Mashed Potatoes Corn Apple	Hot Dog Potatoes Baked Beans Pineapple
9	10	11	12	13
Chicken Sandwich Potatoes Green Beans Banana	Crispito Salsa Sour Cream Lettuce	<u>ELE & HS</u> Beef & Cabbage Roll <u>Middle School</u> Tator Tot Casserole Broccoli Mixed Fruit Cookie	Chicken Fajita Fajita Vegetables Oranges Cookie	Chili Cinnamon Roll
16	17	18	19	20
Chicken Tenders Potatoes Mixed Vegetables Applesauce	Deli Sandwich Chips Lettuce Tropical Fruit	Hot Roast Beef Mashed Potatoes Corn Watermelon	Hot Ham & Cheese Sandwich Potatoes Carrots Apples	Chicken and Noodle Soup Green Beans Pears
23	24	25	26	27
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
30	31			
NO SCHOOL	NO SCHOOL			

DECEMBER BREAKFAST				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<u>K-12 Before School</u> Breakfast Pizza <u>HS 2nd Chance</u> Peanut Butter & Jelly Sandwich	<u>K-12 Before School</u> Banana Bread/Muffin <u>HS 2nd Chance</u> Fruit Parfait	<u>K-12 Before School</u> Egg & Cheese Sandwich <u>HS 2nd Chance</u> Egg & Cheese Sandwich	<u>K-12 Before School</u> French Toast <u>HS 2nd Chance</u> French Toast Bites	<u>K-12 Before School</u> Biscuit & Gravy <u>HS 2nd Chance</u> Biscuit & Gravy
9	10	11	12	13
<u>K-12 Before School</u> Breakfast Pizza <u>HS 2nd Chance</u> Peanut Butter & Jelly Sandwich	<u>K-12 Before School</u> Banana Bread/Muffin <u>HS 2nd Chance</u> Fruit Parfait	<u>K-12 Before School</u> Egg & Cheese Sandwich <u>HS 2nd Chance</u> Egg & Cheese Sandwich	<u>K-12 Before School</u> French Toast <u>HS 2nd Chance</u> French Toast Bites	<u>K-12 Before School</u> Biscuit & Gravy <u>HS 2nd Chance</u> Biscuit & Gravy
16	17	18	19	20
<u>K-12 Before School</u> Breakfast Pizza <u>HS 2nd Chance</u> Peanut Butter & Jelly Sandwich	<u>K-12 Before School</u> Banana Bread/Muffin <u>HS 2nd Chance</u> Fruit Parfait	<u>K-12 Before School</u> Egg & Cheese Sandwich <u>HS 2nd Chance</u> Egg & Cheese Sandwich	<u>K-12 Before School</u> French Toast <u>HS 2nd Chance</u> French Toast Bites	<u>K-12 Before School</u> Biscuit & Gravy <u>HS 2nd Chance</u> Biscuit & Gravy
23	24	25	26	27
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
30	31			
NO SCHOOL	NO SCHOOL			

Salad Bar at High School and Middle School every day. All schools serve fruit, vegetables, and milk daily. Cereal, fruit, juice, yogurt, and milk served daily at all schools for breakfast

Breakfast - \$1.65 (All) Senior High/Middle School Lunch - \$3.00 Elementary Lunch - \$2.65 Adult Lunch - \$3.50

This institution is an equal opportunity provider.

Fillmore Central Public Schools
School Calendar

"Education is the ability to listen to almost anything without losing your temper or your self-confidence." - Robert Frost

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 4:30PM JH Girls Basketball at Wilber-Clatonia 6:00PM JH Wrestling at Wilber-Clatonia	3	4 Teacher Workday 1:05/1:20/1:35 Dismissals District One Act at Centennial	5	6 4:30/6:00PM JV/V Girls Basketball vs Milford 4:30/7:45PM JV/V Boys Basketball vs Milford	7 8:30AM JH Girls Basketball at FC 9:00AM V Wrestling at Friend 2:00/5:00PM JV/V Girls Basketball at Fairbury 3:30/7:00PM JV/V Boys Basketball at Fairbury
8	9 School Board Meeting 4:30PM JH Girls Basketball at Sandy Creek 6:00PM JH Wrestling at Tri-County	10 7:00PM MS Winter Concert at FCMS	11	12 5:00PM JH Girls Basketball vs Milford 5:00PM V Wrestling at Fairbury 6:00PM JV Girls Basketball at Fairbury	13 4:30/6:00PM JV/V Girls Basketball at St. Paul 4:30/7:30PM JV/V Boys Basketball at St. Paul	14 ACT Test 9:00AM JH Wrestling at Centennial 8:30AM V Wrestling at Osceola 1:00/2:30PM Girls Basketball vs David City 1:00/4:00PM Boys Basketball vs David City
15 5:00PM One-Act Performance at Rialto II	16 7:00PM HS Band/Choir Winter Concert	17 6:00PM JV/V Wrestling at York 5:30/7:00 JV/V Girls Basketball at Thayer Central	18	19 7:00PM PreK-4 Music Program at FCHS	20 End of Semester Early Dismissal 1:05/1:20/1:35 4:30/6:00PM JV/V Girls Basketball vs Wilber-Clatonia 4:30/7:45PM JV/V Boys Basketball vs Wilber-Clatonia	21 9:00AM V Wrestling at Logal View 1:00/2:30PM JV/V Girls Basketball vs Adams Central 2:30/4:15PM Boys Basketball vs Adams Central
22	23 No School	24 No School	25 No School	26 No School	27 No School V Girls Basketball Holiday Tournament at Nebraska City V Boys Basketball Holiday Tournament at Nebraska City	28 V Girls Basketball Holiday Tournament at Nebraska City V Boys Basketball Holiday Tournament at Nebraska City
29	30 No School	31 No School				

Early Development Network Services Coordination



What is Early Development Network Services Coordination?

Services Coordination helps families of children with special needs below age three:

- Find services to meet developmental, educational, financial, health care, child care, respite care and other needs
- Work with multiple providers to make sure services are provided as needed

Why is Service Coordination Needed?

Nebraska families of children with special needs have found it difficult to locate needed services for infants and toddlers with disabilities and then to coordinate the services with the providers.

Who is Eligible for Services Coordination?

Eligible families are those with an infant or toddler below age 3 who has a disability or developmental delay and qualifies for special education through the public schools.

Year round services coordination is provided.

There is no cost to families.

How Can Families Apply?

To request Early Development services for your child or to refer a child, call the local number below. With prior parental permission, referrals may be made by anyone who suspects a developmental delay in an infant or toddler.

CONTACT: Beth Lightwine at ESU6-Geneva office (225 North 17th, Geneva, 402-759-3143).